



MEJDI TOURS

Group Contract

- Tour:** Custom Tour for Cassie Ammen: Colombia Active Adventure
- Dates:** April 9-17, 2022
- Included:**
- 8 nights' accommodation at the following hotels or similar (double occupancy): Hotel BH Parque 93 (Bogota), homestays (ETCR Miravalle), jungle camping (Coreguaje)
 - 1 MEJDI-Trained local guide for 8 days
 - 9 days of private bus transportation, including group arrival and departure airport transfers
 - Meals listed in the itinerary: 8 breakfasts, 7 lunches, 7 dinners
 - Entrances, sites, and honorariums for speakers¹
 - Gratuities for guides, drivers, & hotel staff
 - Potable water throughout the tour
 - Domestic flights (Bogotá - Guainía - Bogotá)
 - US Customer Service representatives
- Not included:**
- International airfare
 - Travel insurance-**HIGHLY RECOMMENDED**
 - Single Supplement-\$550 (Bogota only)
 - Meals not mentioned in the itinerary
 - Individual airport transfers outside of the group transfer
 - Anything not explicitly mentioned in the included section

Overview:

Explore the many facets of Colombia. This beautiful country has been emerging from its challenging past and is now at a turning point; now is a special time to travel to Colombia. You'll have some amazing opportunities to meet local community leaders and learn about the projects that are helping to change Colombia for future generations. Experience the varied and stunning landscapes of Colombia - mountains, coffee haciendas, mangroves, tropical islands, and colonial cobblestone streets. Head south from Bogota to the adventurous Guainia, "the land of many waters," in indigenous language. The rivers and landscapes in this region allow a perfect opportunity for adventure seekers, with great rafting and trekking trails.

¹ Subject to confirmation based on availability

Itinerary:

Day 1: Arrival - Bogota

Upon arrival in Bogota, meet your guide and transfer to your hotel. Enjoy a group welcome dinner this evening.

Overnight: Bogota (D)

Day 2: Bogota Peace Process

Begin the day with the Tejiendo Paz (Weaving Peace tour) where you will learn the story of Colombia's conflict and Peace Agreement from a positive narrative, and meet with peace leaders who will inspire you with their life stories. Your tour will be guided by a journalistic expert in the Colombian peace process. In the evening, wind down with a Colombian Music 101 session. Let Colombian rhythms and beats take you over as you spend an amazing time with a great pianist, composer, and percussionist who will guide you on a trip throughout Colombia with their music - starting with Salsa! Salsa is an amazing music genre with a rich history. Enjoy a fun-filled night learning how to dance Salsa with talented dancers while you hop from club to club. Party like you've never partied before, letting the rhythm take control of your body!

Overnight: Bogota (B, L, D)

Day 3: Local Life in Bogota

Get acquainted with the city on a Tour de la Fruta (fruit tour). Explore Colombia's mega-diversity through its exotic fruits at PaloQuemao, one of the most amazing farmer's markets on earth. The market is one of the larger flower markets in the area. Visit the Banco de la República Gold Museum, which houses one of the most important collections of pre-Hispanic metallurgy in the world. Afterwards, continue on to a Breaking Borders tour, where you will hear first-hand from ex-gang members, how they transformed their lives and their neighborhood from one of the most dangerous to one of the safest in Bogota. This evening, take part in a local cooking class and dinner.

Overnight: Bogota (B, L, D)

Day 4: San Vicente del Caguán

Transfer to the airport and fly to San Vicente del Caguán. Upon arrival, your host will pick you up at the airport. From there, you will head to Miravalle and be welcomed by the community, who will help you settle into your homestays at the ETCR (Territorial Spaces for Capacitation and Reintegration). You will have dinner with ex-combatants and other members of the community.

Overnight: ETCR Miravalle (B, L, D)

Day 5: Coreguaje

This morning, head towards Coreguaje, one of the most important regions during the war. Coreguaje's village was the victim of various bombings - walking through it, you can still see belic material around. The Coreguaje jungle is still virgin, known only by those who lived in it during the war. Given that, it is a conserved natural attraction today. Start your journey with a 3-hour hike (medium difficulty) through the jungle. Stop for a traditional jungle lunch, then head out on a wildlife observation expedition, the guides will show you their

empirical knowledge of their surroundings, which has been built through their time in war. Nowadays, they want to formalize this knowledge, and become expert birdwatchers. This evening, enjoy another traditional meal and settle in for the night. Tonight, you will sleep in a hammock or camping site, right in the middle of the Coreguaje jungle. During your night in the jungle, you will truly live like a combatant.

Overnight: Coreguaje Jungle Camping (B, L, D)

Day 6: Trekking Back to ETCR

After breakfast this morning, pack up camp and return to the ETCR, hiking for approximately 3.5 hours. At midday, stop for lunch. Then, visit various community projects, including pisciculture and organic gardens. Through these nature-tourism focused projects, the local people have achieved sustainable economies. Enjoy dinner and spend a final night at the ETCR.

*** During the two nights that you spend in the ETCR, there will be various cultural activities. They will sing songs, dance, and tell you war time stories and legends. They will also tell you about their reintegration process.*

Overnight: ETCR Miravalle (B, L, D)

Day 7: Rafting and Return to San Vicente del Caguán

After breakfast this morning, head out on a rafting expedition (Level 4) through the Pato river, starting with a quick safety and equipment tutorial. During the expedition, you will listen to more wartime stories and visit different locations that were important during that time. You will see various obstacles in the river, which during the war were used to drown the enemy. Each one of the boats is named after a high ranked officer of the FARC, and throughout the activity, you will learn more about each one of them. Afterwards, stop for lunch then head back to the airport in San Vicente del Caguán for your flight to Bogota. This evening, take part in a Capoeira lesson with a local instructor (Brazilian martial art that combines elements of dance, acrobatics, and music.)

***For those that do not wish to raft, we can change the itinerary to bird watching and local wildlife viewing or visit the Farc Cemetery where they will explain the history about this site and the impact it had on society.*

Overnight: Bogota (B, L)

Day 8: Colombian Countryside and Coffee Experience

Today, you'll make your way ~2 hours outside Bogota to La Palma y El Tucan, a coffee farm nestled amongst steep mountains and dense forests, that supports fair trade and eco-farming as well as the local coffee- growing community. Take a guided coffee farm tour with a local barista, and learn about the most expensive coffee in Colombia (180 USD/pound). Enjoy lunch against a backdrop of sweeping mountain views. Return to Bogota this evening and, over dinner, meet with an expert on the U.S relations with Colombia.

Overnight: Bogota (B, L, D)

Day 9: Departure

After breakfast this morning, transfer to the airport for your departing flight home. (B)